

CRANBROOK LACROSSE ASSOCIATION

PLAYER AND PARENT

HANDBOOK

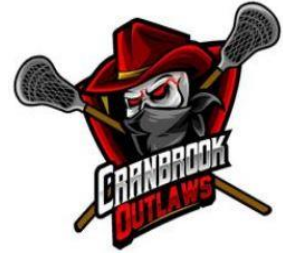
2021



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Dear Lacrosse Players and Parents,

Welcome to the 2021 Lacrosse Season! We are excited to be starting our lacrosse season despite the ever-changing landscape we are currently living in.

As we move into a new season, it is our goal to ensure the health and safety of all athletes and family members. All practices will be geared toward activities and skills that align with the Provincial Health recommendations and will be modified to reduce the risks to all participants and Cranbrook Lacrosse.

For us all to have a safe and successful season we request that the following guidelines are followed:

- If you do not feel well or experiencing any signs of COVID-19, do not come to practice
- If you have traveled outside of Canada, you must isolate for 14 days before returning to practice
- If you live in a household with someone who has COVID-19 or exhibiting symptoms of COVID-19, do not come to practice
- Please come to practice fully dressed and leave equipment bags at home
- Bring your own pre-filled and labeled water bottle to practice
- Maintain a distance of 3 meters at all times from your fellow athletes
- Leave the playing surface and building as quickly as possible after the end of practice

With everyone's adherence to the above guidelines it will help to ensure we have a safe and successful season.

We are excited to be back to playing the game of lacrosse and look forward to a positive and fun experience for everyone involved this year!

If you have any questions or concerns regarding the guidelines we have outlined or the upcoming season, please feel free to contact us at: cranbrooklacrosse@gmail.com

Sincerely,

Cranbrook Lacrosse Executive

PARENT AND GUARDIAN CODE OF CONDUCT

Section 1: All individuals affiliated with the CMLA shall:

- i) Attempt at all times to work toward the goals and objectives of the CMLA and the game of Lacrosse, and towards the betterment of its members.
- ii) Strive to heighten the image and dignity of the Association and the sport of Lacrosse as a whole, and to refrain from behavior which may discredit or embarrass the Association or the game.
- iii) Always be courteous and objective in dealings with other members.
- iv) Except when made through proper channels, refrain from unfavorable criticism of other members or representatives of the CMLA.
- v) Strive to achieve excellence in the sport while supporting the concepts of Fair Play and Drug-free sport.
- vi) Show respect for the cultural, social and political values of all participants in the sport.
- vii) As a guest in another province or foreign country, abide by the laws of the host jurisdiction and adhere to any social customs concerning conduct.

Section 2: Social media

The CMLA recognizes the vital importance of participating in online conversations and are committed to ensuring that we participate in online social media in an appropriate, positive, respectful manner.

- i] The CMLA expects that all members are aware of and respect these Social Media Guidelines.
- ii] If anyone is found to be in violation of the guidelines to the extent that it is damaging to the CMLA, it will be handled using the provisions of the CMLA CODE OF CONDUCT.
- lii] Non-compliance with this policy may be considered as misconduct, harassment, discrimination, or in certain circumstances contravention of the law. Those who fail to comply with the guidelines may be disciplined.

NOTE: We are bound by BCLA Code of conduct. As a member of CMLA, you must abide by this code in full. To access the BCLA Code of Conduct in full, please refer to the BCLA website.

Agreed to upon online registration

MEDIA CONSENT FORM AND RELEASE FOR MINOR CHILDREN

I am the parent/guardian of _____ (print full name of child) (“My Child”).

I hereby grant Badgers Sports Inc and Cranbrook Lacrosse Association the absolute right and permission to use photographic portraits, pictures, digital images or videotapes of My Child, or in which My Child may be included in whole or part, or reproductions thereof in color or otherwise for any lawful purpose whatsoever, including but not limited to use in any publication or on websites, without payment or any other consideration. I hereby waive any right that I may have to inspect and/or approve the finished product or the copy that may be used in connection therewith, wherein My Child’s likeness appears, or the use to which it may be applied. I hereby release, discharge, and agree to indemnify and hold harmless Badgers Sports Inc and Cranbrook Lacrosse Association from all claims, demands, and causes of action that I or My Child have or may have by reason of this authorization or use of My Child’s photographic portraits, pictures, digital images or videotapes, including any liability by virtue of any blurring, distortion, alteration, optical illusion, or use in composite form, whether intentional or otherwise, that may occur or be produced in the taking of said images or videotapes, or in processing tending towards the completion of the finished product, including publication on the internet, in brochures, or any other advertisements or promotional materials.

I represent that I am at least eighteen (18) years of age and am fully competent to sign this Release.

THIS IS A RELEASE OF LEGAL RIGHTS. READ IT CAREFULLY AND BE CERTAIN YOU UNDERSTAND IT BEFORE SIGNING (Both parents, if possible) PLEASE CHECK ONE OF THE BOXES BELOW THEN SIGN YOUR NAME(S)

CONSENT: We/I hereby certify that We/I are/am the parent(s) or guardian(s) of the above-named child and do hereby give our/my consent without reservation to the foregoing on behalf of My Child.

NON-CONSENT: We/I hereby certify that We/I are/am the parent(s) or guardian(s) of the above-named child and do not hereby give our/my consent without reservation to the foregoing on behalf of My Child.

AGREED TO UPON ONLINE REGISTRATION

2021 REQUIRED EQUIPMENT

All players are required to have:

- Helmet with Cage (Hockey or Lacrosse)
- Shoulder Pads (Hockey or Lacrosse)
- Gloves (Hockey or Lacrosse)
- Back/Kidney pads
- Elbow Pads (Hockey or Lacrosse)
- Athletic supporter
- Lacrosse Stick
- Basketball shoes / runners
- Mouthguard

All equipment must be approved for lacrosse as specified in the CLA Safety and Equipment Policy.



Goalkeepers are required to wear CLA approved helmet and facemask and throat guard, chest, shoulder and arm pads, gloves, pants, leg guards and shoes.

Stick – A player’s stick shall measure not more than 46”, nor less than 40” in overall length, and not more than 8”, nor less than 4 1/2” in width. The measurement for width is to be inside frame measurement. Note: In Pee Wee and all lower divisions, the minimum length of the stick shall be 34”. The goalkeeper’s stick may be of any desired length, but shall not be over 15” in width

EQUIPMENT INFORMATION

Tyke/Mini-Tyke

For Tyke and Mini - Tyke do not worry about buying gear for the first week. Coaches will give you more information on Wednesday April 7, 2021 regarding equipment for these age groups.

Novice to Midget

Stick - Players Bench has been Cranbrook's primary supporter for Lacrosse. Dave has multiple sticks available at Players Bench. If there are questions about string tension, ask a coach/ assistant when the stick has been brought to practice.

Gloves - also available at Players Bench. Lacrosse gloves are preferred but hockey gloves will do for the short term. Lacrosse gloves give substantially more flexibility when compared to hockey gloves. They are required to ensure your athlete can be successful at cradling.

Helmet - You do not need to get a fancy helmet. At the younger levels, a hockey helmet will do the trick. If you are playing bantam and older (maybe Pee Wee) you should invest in a lacrosse facemask as they are more eye-site approved for lacrosse.

Shoes - indoor shoes are required

Shoulder pads, kidney pads, and all other pads are not required for the first week, coaches will discuss this with you during the first week of practices.

If you have further questions, please contact your coach regarding specific equipment needs

LACROSSE PRACTICE SCHEDULE 2021

Monday/Wednesday

Mini-Tyke (Born 2015/2016) 5:45pm – 6:30pm (Kinsmen)

Tyke (Born 2013/2014) 5:45pm – 6:45pm (Memorial)

Novice Silver (Born 2012) 7:00pm – 8:00pm (Kinsmen)

Novice Red (Born 2011) 7:00pm – 8:00pm (Memorial)

U17 (Midget Born 2004/2005/2006) 8:15pm – 9:30pm (Memorial)

Tuesday/Thursday

Pee Wee Silver (Born 2010) 6:00pm – 7:00pm (Kinsmen)

Pee Wee Red (Born 2009) 6:00 – 7:00pm (Memorial)

Bantam (Born 2007/2008) 7:15pm – 8:30pm (Memorial)

Junior Lacrosse 8:45pm – 10:00pm (Memorial)

Starts Week of April 12, 2021

***Subject to ViaSport moving to Back to Play 2.5 or higher

***Tournaments will be subject to approval of BC Lacrosse

***Season will begin April 6/21 and end June 10/21

***All team groupings are subject to change at the club's discretion

***All team groupings will be sent out before April 6/21

***Season fees were substantially lower this year due to no tournament play, if restrictions lift and we attend tournaments there will be an additional cost

COVID Cup



Beginning Early May

Stay Tuned!